

Scope

www.193sow.ang.af.mil

193rd Special Operations Wing
Pennsylvania Air National Guard

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Enlisted Promotions

Promoted to Chief Master Sergeant

Dennis L. Boyer, 211th EIS

Promoted to Senior Master Sergeant

Denise M. Teats, 193rd SOCF

Promoted to Technical Sergeant

Michael D. Spenkle, 193rd SOSF
Joshua J. Dennis, 193rd SOAMXS
Steven J. Neidert, 193rd SOLRS
Cassandra P. Forsyth, 203rd WF

Fitness Corner

Free Air Force Tracker/ PT Calculator app available



A new Air Force fitness software application is helping servicemembers track their physical fitness status. The app is compatible with the iPhone, iPad and iPod Touch and is free in the iTunes App Store.

The PT Calculator is a main feature in the app that calculates a physical fitness score based on user-entered information. This feature calculates fitness scores based on the number of push-ups and sit-ups completed and the time required to run 1.5 miles. It also takes into account the age of the user and any medically exempt exercises while including points based off of waist size.

Five age categories are included in the calculator. An excellent score is 90 points and above. Scores of 76 to 89 are rated as satisfactory; 75 or less are unsatisfactory.

For more information, visit <http://itunes.apple.com/gb/app/af-tracker/id415176388?mt=8>

NEWS & EVENTS

New wing command chief named



Chief Master Sgt. Regina Stoltzfus has been selected as the next 193rd SOW command chief. She will replace Chief Master Sgt. Steven Hile upon his retirement. "Her passion and proven leadership will ensure continued success in working Airman issues at the

local and strategic levels," said Col. John Dickinson, 193rd SOW commander. "Please take a moment to congratulate her."

Air Force vice chief of staff calls for innovative ideas from Airmen

"I need your help," said Air Force Vice Chief of Staff Gen. Larry Spencer. "Today, complex challenges reemphasize the need to capture and implement your innovative ideas for the Air Force and for the nation. I want to hear from you and I encourage your participation in a 30-day 'Airmen Powered by Innovation' call for ideas on how we can cut costs and better fly, fight and win."

There are two options for participating in this effort. In May, Airmen may provide ideas using the Air Force Portal or the Air Force's public website.

1. The Air Force Portal link provides for submission of ideas and/or an interactive discussion forum: <https://www.my.af.mil>.

2. The Air Force Public Site is set up for access via mobile devices or home computers: <http://www.af.mil>.

"The future of our Air Force starts with you. As we face fiscal challenges, we must make prudent choices to ensure the Air Force is able to unleash the full potential of airpower. Every Airman, every day, can make a difference. Be that Airman and let me know your thoughts," said General Spencer.

5K to benefit Central Pa. Food Bank

On behalf of the 193rd SOW Benevolent League, Airmen and their families are encouraged to support the Central Pennsylvania Food Bank by participating in this year's 5K walk/run charity event. It is set for June 16 at City Island. To sign up, visit <http://www.active.com/running/harrisburg-pa/5k-for-food-2013>.

Wood recycling program reminder

The base wood recycling vendor will **not** accept man-made or production wood products such as plywood, desk tops, composite wood or wood containing glues, paints and epoxies. Recently, these types of products have been dropped off in and around the recycling area.

Non-recyclable materials must be deposited in the base compact dumpsters. When in doubt about where debris should go, please contact the environmental or civil engineering offices for guidance. Please do not dump materials in the recycling area or behind the dumpsters for someone else to pick up!

Important life insurance reminders

Members with marital status changes are urged to visit the 193rd Special Operations Force Support Squadron personnel office to update their Servicemembers' and Family Servicemembers' Group Life Insurance elections. If updates are not made, monetary entitlements could be paid to incorrect people.

Newlyweds should bring a copy of the marriage certificate and spouse information. Those divorced should bring a copy of the divorce decree. DEERS, MILPDS and life insurance can be updated at the same time. Once the status is updated, insurance premium charges will begin.

RAPIDS Self-Service now available

RAPIDS Self-Service is now available for common access cardholders to update information and verify family members for DoD ID card reissuance. Now, CAC-holders do not have to accompany eligible family members to verify eligibility for issuance of DoD benefits. Visit https://www.dmdc.osd.mil/self_service/ for more information.

May Menu

Saturday

MAIN LINE:

Mexican beef wrap
Chicken fajitas
Spanish rice
Buttered noodles
Corn O'Brien
Vegetable du jour
Soup du jour

SNACK LINE:

Hamburger
Cheeseburger
Taco boats
Baked beans
French fries

Sunday

MAIN LINE:

Swedish meatballs
Smothered chicken
Noodles
Garlic cheese potatoes
French green beans
Wax beans

Soup du jour
Salad bar

SNACK LINE:

Hamburger
Cheeseburger
Fried catfish
Baked beans
French fries



NEWS & EVENTS cont.

Thanks from the association

The 193rd SOW Association would like to thank all those who support the organization.

Thanks to the support of members, this year the association will be able to provide \$1.50 per individual assigned to the unit for morale, welfare and recreation activities.

Weapon Systems officer vacancy

The 193rd Special Operations Squadron is accepting applications for traditional guard Weapon Systems officers. A hiring board will be conducted during June UTA. Applications are due by close of business May 31. Qualified individuals seeking this opportunity should request application requirement information from Capt. Jeff Snyder at jeffrey.snyder.1@ang.af.mil.

Safety information about RPTs

"If Facebook is the devil, so are relocatable power taps," according to Wing Safety Office personnel. RPTs can refer to power strips, extension blocks or power bars. Most people have at least one in the office and more than one at home. In the May edition of the safety newsletter, Wing Safety personnel offer articles about a recent accident with an RPT and some issues that members may be unaware of regarding power taps. Check your Guard email account for a link to it.

Crackdown on sending email info.

Recently, there were several Personal Identifiable Information breaches across the Air Force. A majority of the privacy breaches resulted from Airmen emailing (or transporting) official files that contained PII, such as orders and "alpha-type" rosters often times with ranks, social security numbers and organizations, from a .mil to a .com network (e.g. Gmail.com).

An update to AFI 33-332 is being published that prohibits emailing or transferring any PII from .mil to .com networks.

Emails containing PII must be encrypted before being sent. Examples: Orders, payroll information, finance records, recall rosters, etc. Do not send PII to commercial email addresses.

Encryption increases bandwidth and resource requirements, so use it correctly. Include the classification of the message at the beginning of the subject line. Include the Privacy Act Statement as the first line in the body of the message: "The information herein is For Official Use Only, which must be protected under the Privacy Act of 1974, as amended. Unauthorized disclosure or misuse of this PERSONAL INFORMATION may result in criminal and/or civil penalties."

For more information, contact the 193rd Special Operations Communications Squadron.

Flag retirement ceremony set for June drill; all welcome

The First Sergeants' Council is set to conduct a flag retirement ceremony Sunday of June UTA. If you have any tattered, torn, faded or otherwise unserviceable flags, please bring them to the ceremony. For more information, contact Senior Master Sgt. Dale Perry at dale.perry@ang.af.mil.

Personnel records online 24/7

Military personnel records are available electronically, meaning members can view and print forms or manage their records at their convenience. Use the Personnel Records Display Application on the myPers website at mypers.af.mil.

Although you may log into myPers with a user ID and password, you will need to use a common access card to access PRDA. From your myPers home page, go to the "I Would Like To" section and select the "View my e-Records (PRDA)" link. After logging in with a CAC, select "PRDA" from the "My Sections" area on the left.

For more information or for hard copies of recent personnel services articles, visit the 193rd SOFSS.

Posting online can mean trouble

193rd SOW personnel are urged to view the following video link regarding operational security with social media and social networking sites: <http://www.dvidshub.net/video/288463/social-media-opsec>.

Information posted online may seem insignificant, but it could be pieced together to reveal critical information about the operations of an organization. Digital photos that are geo-tagged are also problematic. Photos taken with cell phones often have the GPS coordinates embedded in them. Luckily, most phones have the option to turn this feature off so geo-tagging does not get put on photos.

Help create care packages for deployed 193rd members

Through the readiness office-originated "Hope from Home" program, care packages for deployed (for 90 days or more) 193rd SOW members are compiled and sent. Donations of toiletry, food/drink and entertainment/miscellaneous items are currently being accepted. Contact Jackie Nettles at DSN 423-2412 or email jaclyn.nettles@ang.af.mil for a complete list of acceptable items. Donations should be placed in grocery or Ziploc bags with the total price of each item on a sticky note. Collection boxes are being placed in various locations around base.

Scope

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